



FOR IMMEDIATE RELEASE

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ABHW RESPONDS TO 2023 MENTAL HEALTH PARITY AND ADDICTION EQUITY ACT REPORT TO CONGRESS AND PROPOSED RULE

Washington, DC – The Association for Behavioral Health and Wellness (ABHW), the national voice for payers that manage behavioral health insurance benefits for over 200 million people, issued the following statement in response to the Department of Labor (DOL), Department of Health and Human Services (HHS), and Department of Treasury’s (Treasury) (collectively “Tri-Departments”) 2023 Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) [Report to Congress](#) and [proposed rule](#).

ABHW fully supports the concept of mental health parity and was instrumental in the passage of MHPAEA. ABHW members have worked tirelessly over the past 15 years to implement parity for mental health and substance use disorder services and are dedicated to complying with the law and working to increase access and quality for consumers.

“We appreciate that the 2023 Mental Health Parity and Addiction Equity Act (MHPAEA) Report to Congress was released, and the examples of non-compliance will be helpful to health plans as they work to continue to comply with MHPAEA,” said Pamela Greenberg, President and CEO of ABHW. “However, the Report demonstrates the need for the Tri-Departments to provide sample non-quantitative treatment limitations (NQTLs) analyses to help further MHPAEA compliance.”

In terms of the proposed rule, ABHW is concerned that it redefines the standard of analysis for NQTLs by creating a quantitative test. However, ABHW advocated for and is pleased to see that the proposed rule recognizes the value of the concept of safe harbors for health plans that meet specific standards.

“ABHW remains committed to improving access to behavioral health treatments and services and is eager to continue working with the Tri-Departments and our members to ensure everyone can receive the care they need when they need it,” said Greenberg.

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ABOUT THE ASSOCIATION FOR BEHAVIORAL HEALTH AND WELLNESS

ABHW is the leading health plan association working to improve access and quality of care for mental health and substance use disorders. ABHW's members include national and regional health plans who care for more than 200 million people. Together, we work to reduce stigma and advance federal policy on mental health and substance use disorder care. ABHW member companies - Aetna Behavioral Health, Elevance Health, Centene Corporation/Magellan Health, Evernorth, a Cigna company, Kaiser Permanente, Molina Healthcare, New Directions Behavioral Health/Lucet, Optum, and PerformCare, a subsidiary of AmeriHealth Caritas. To learn more, visit www.abhw.org and follow us on [Twitter](#) and [LinkedIn](#).